



Dear colleague,

It's been several months since Covid-19 became a part of our lexicon and everyday lives. The Coronavirus has changed a lot about how we live our lives and connect with the people around us. And, quite frankly, the isolation, stress and feelings of loss have a lot of us mentally exhausted. This is called "Pandemic Fatigue". While normal for unprecedented times like this, left unchecked, it can cause longer term behavioral issues, such as depression and anxiety. It's essential to prioritize self-care. Below are some coping tips.

PANDEMIC FATIGUE - COPING TIPS

1. **TAKE CARE OF YOUR BODY** - Make sure you are getting enough sleep (at least seven hours). Try to exercise every day. By exercising you can boost your energy and mood. Exercising also strengthens your immune system.
2. **TAKE A BREAK FROM THE NEWS AND SOCIAL MEDIA** - Anxiety can build up from exposure to negative information. Limit or eliminate the input. your consumption.
3. **LOWER YOUR STRESS** - Focus on activities of a calming nature (walking, reading, puzzles, listening to music). Practice deep breathing exercises (deep breaths for a few seconds a day). Allow at least 15 min. every day, just for yourself.
4. **TAKE TIME TO CONNECT WITH OTHERS** - Don't isolate yourself. Call a friend or relative outside of your household. Talk about something other than the pandemic.
5. **TRY SOMETHING NEW** – Renew an old hobby or start a new one. Start cooking or baking. Learn to play an instrument, take an on-line course, start a collection.

PARENTING TIPS

1. **BE GENTLE AND PATIENT** with yourself and others. Don't direct your anger over the pandemic or changes in plans at others. They are struggling too.
2. **UNDERSTAND & ACCEPT** the fact that many of us are not trained educators. We're all doing the best we can, under our specific circumstances.
3. **FOCUS ON WHAT YOU CAN CONTROL** - If children are stressed and worried, their learning may be impacted negatively anyway, so we need to focus on helping them feel safe and loved.
4. **ENCOURAGE** children to practice self-care and listen to their feedback about what they want their days to be like. Work together to plan their days.

The above tips are imperative in coping during these difficult times. Be safe and be well.